



INSTRUCTIONS

ONE LEG V-UP

CATEGORIES: Balance, Strength, Warm Up

LEVEL: Intermediate

URL: <https://dancer-fitness.com/exercise/one-leg-v-up>

Abs

Acrobatics

Core

Extension

Turns



Steps:

- Begin laying on your back, arms stretched above your head and toes pointed
- Sit up with your back straight lifting one leg toward the sky
- Reach the opposite arm toward the extended leg
- Hold for one count and return to the starting position.

Repetitions and Modifications:

Repeat 10 times each leg

[+] lift both legs at the same time and reach toward your toes